ELDER NUTRITION PROGRAM
Dukes County **NOVEMBER 2026**

Telephone:
Tisbury: 508-744-8618
Up Island: 508-693-2896

Elder Services of Cape Cod and the Islands

Menu subject to change without notice.

Office: 508-693-4393

Call Site for Reservations & Cancellations at least two business days in advance.
Each item is followed by milligrams (mg) of sodium in parentheses. Margarine adds 45mg; Milk adds 125mg.
Total calories (cals) & sodium for the entire meal are noted below each day & include margarine & 1% milk.

Monday, November 2 Yankee Pot Roast(480) Whipped Potato(20) Prince Edward Veg(38) Multigrain Bread(150) Fresh Apple(0) **878 cals; 858mg sodium**	**Tuesday, November 3** Veggie & Cheddar Quiche(209) Cucumber, Tomato, & Carrot Salad(120) Multigrain Bread(150) Fruited Yogurt(65) **898 cals; 714mg sodium**	**Wednesday, Nov. 4** Dill Crusted Cod in White Wine & Butter(320) Au Gratin Potato(5) Green Peas(30) Dinner Roll(150) Peaches(5) **660 cals; 680mg sodium**	**Thursday, November 5** Whole Grain Spaghetti w/ Turkey Meat Sauce(250) Green Beans(29) Garlic Bread(150) Butterscotch Pudding(190) **705 cals; 789mg sodium**	**Friday, November 6** Herb Roast Chicken(231) Roast Sweet Potato(124) Spinach, Pickled Onion, Craisins, & Pepita(135) Multigrain Bread(150) Pears(4) **794 cals; 814mg sodium**
Monday, November 9 Honey Bourbon Chicken(318) Brown Rice(15) Stir-Fry Veggies(30) Multigrain Bread(150) Peaches(5) **745 cals; 688mg sodium**	**Tuesday, November 10** Swedish Meatballs(410) Egg Noodles(15) Prince Edward Veg(38) Ciabatta(150) Chocolate Pudding(180) **809 cals; 963mg sodium**	**Wednesday, Nov. 11** **SITES CLOSED** 	**Thursday, November 12** Atlantic Salmon with Dill Beurre Blanc(200) Lyonnaise Potato(180) Tuscan Veggies(20) Whole Grain Bread(150) Carrot Cake(210) **738 cals; 930mg sodium**	**Friday, November 13** Teriyaki Chicken Stir-Fry(625)* Rice Noodles(10) Chickpea & Edamame Salad(39) Whole Wheat Roll(150) Fresh Pineapple(5) **626 cals;999mg sodium**
Monday, November 16 Veggie Lasagna(450) Capri Veggies(30) French Bread(115) Vanilla Custard(140) **775 cals; 905mg sodium**	**Tuesday, November 17** BBQ Brisket(335) on Soft Roll(155) Broccoli Slaw(10) Potato Pancakes(150) Applesauce(10) **855 cals; 830mg sodium**	**Wednesday, Nov. 18** Chicken Cacciatore over Angel Hair Pasta(233) Capri Veggies(30) Multigrain Bread(150) Pears(4) **695 cals; 587mg sodium**	**Thursday, November 19** Rst Turkey with Stuffing & Cranberry Sauce(388) Mashed Potato(20) Butternut Squash(44) Whole Wheat Roll(150) Pumpkin Pie(295) **873 cals;1067mg sodium**	**Friday, November 20** Crab Cake with Tartar Sauce(370) Wedge Potato(220) Green Peas(30) Whole Wheat Roll(150) Fresh Orange(0) **738 cals;940mg sodium**
Monday, November 23 Orange Ginger Chicken(175) Rice Noodles(150) Asian Veggies(20) Wheat Bread(115) Pineapple(5) **733 cals; 635mg sodium**	**Tuesday, November 24** Mediterranean Haddock with Kalamata & Tomato(350) Orzo(5) Tuscan Veggies(20) Whole Wheat Roll(150) Mandarin Oranges(5) **590 cals; 700mg sodium**	**Wednesday, Nov. 25** Herb Roast Pork Loin w/ Apple Demi-Glace(320) Roast Red Potato(150) Capri Veggies(30) Whole Grain Bread(150) Tapioca Pudding(190) **660 cals;1010mg sodium**	**Thursday, November 26** **SITES CLOSED** 	**Friday, November 27** Meatloaf with Demi-Glace(336) Whipped Potato(20) Green Peas(30) Whole Grain Bread(150) Fresh Banana(0) **802 cals; 706mg sodium**
Monday, November 30 Chicken Fettuccini Alfredo(388) Capri Veggies(30) Focaccia Bread(150) Peaches(5) **873 cals; 743mg sodium**	***Thank you for your voluntary donation of $4.00 per meal towards actual cost of $11.00***		***To reduce sodium and/or carbohydrate at this meal, you may want to save items such as bread, dessert, or milk & have them with another meal or snack.***	**Item has more than 500mg of sodium.**